

THE VEIN CENTER

AT SAVANNAH VASCULAR INSTITUTE



ENDOVENOUS LASER PRE-PROCEDURE INSTRUCTIONS

1. Shower the night before or the day of your procedure. Do not apply any moisturizers, creams or lotions to your leg.
2. Wear loose, comfortable clothing. No tight pant legs.
3. The night before your procedure, please take 400mg of Ibuprophen with your evening meal. This comes in 200mg tablets over the counter, so you will need to take two tablets. Brand names are Advil and Motrin. (Do not take if you are allergic or can't tolerate.)
4. If you do not already have a pair of compression stockings, we will measure you and give you a prescription or you may purchase them at our office. Please remember to bring your stockings with you the day of your procedure.
5. This procedure is very well tolerated and only causes minimal discomfort. You may choose no sedation (local / numbing medicine) or light sedation where you will take a mild sedative pill (usually Valium) to help you relax. You may also choose moderate intravenous sedation with our Nurse Anesthetist. This must be arranged in advance. All three options are used routinely and are very effective. Regardless of what type of anesthesia you choose, adequate local (numbing) medicine is used so you will be comfortable during the procedure.
6. The day of your procedure:
 - * If you choose a sedative pill for relaxation (Valium) during your procedure:
 - A. Have your prescription filled and bring the tablet with you the day of your procedure.
 - B. You may eat and drink on the day of your procedure, however, please eat lightly.
 - C. Arrange for someone to take you home from the procedure.
 - * If you choose no sedation (numbing medicine only):
 - A. You may eat and drink the day of your procedure.
 - B. You may drive home after your procedure.
 - * If you choose moderate intravenous sedation:
 - A. Do not eat or drink anything for 6 hours before the procedure.
 - B. You should not drive for the remainder of the day and should have someone with you for the next 8 hours after the procedure.
 - C. You should take your regular medications with small amounts of water.

APPOINTMENT DATE AND TIME: _____

PLEASE ARRIVE AT THE OFFICE 45 MINUTES BEFORE THE PROCEDURE: _____

*****Bring your compression stockings with you and take your normal medicines *****